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ABSTRACT OF THE DISCLOSURE

A sports board that is ridden by a person standing upon it. The board is formed of extruded metal and it has an extruded hollow keel formed in its bottom surface that extends from its front end to its rear end. The height of the keel is much smaller than its width and it has a substantially rectangular cross-sectional configuration. An extruded hollow left rail and an extruded hollow right rail are formed on the bottom surface of the metal board adjacent its respective left and right edges and they extend the length of the metal board. Plastic end guards are secured to the front and rear ends of the metal board. In one embodiment of the sports board, front and rear skateboard trucks are secured to the bottom surface of the metal board.